

**قال الله تعالى : وَمَا آتَاكُمُ الرَّسُولُ فَخُذُوهُ وَمَا نَهَاكُمْ عَنْهُ فَانْتَهُوا وَاتَّقُوا اللَّهَ**

**و قال رسول الله صلى الله عليه و سلم : إِذَا نَهَيْتُكُمْ عَنْ شَيْءٍ فَاجْتَنِبُوهُ ، وَإِذَا أَمَرْتُكُمْ بِالْأَمْرِ فَأَتُوا مِنْهُ مَا اسْتَطَعْتُمْ . رَوَاهُ مُسْلِمٌ**

Respected Ulema and Students:

Today I want to tell you what is the key to our success. We all want success in this world and in the hereafter; well the key to our success is to follow the sunnah and lifestyle of Rasoolullah (sallallahu alayhi wasallam), in our actions and statements. The actions of Nabi Muhammed (SAW) are of two types:

- 1) Ibaadat: For example, salaah, sadaqa, fasting, etc.
- 2) Aadah: For example, eating, dressing, sleeping, etc

It is necessary for a Muslim to follow both the above. Since Allah has commanded us to follow Nabi Muhammad (sallallahu alayhi wasallam) without restriction. I recited the verse of Quran wherein Allah says:

**Whatever the Messenger of Allah gives you, grab hold of it; whatever he prohibits you from, abstain Verse 7, Surah Hashr)**

And the Messenger of Allah himself tells us, in the hadeeth that I recited:  
**When I prohibit you from something, then don't do it at all; and when I command you to do something then do as best as you can (Saheeh Muslim)**

One great Aalim by the name of Muhammed bin Aslam never ate watermelon for his entire life. Why? Because he never knew the manner in which Rasoolullah (sallallahu alayhi wasallam) cut or ate a watermelon. He was so strict on following even the small sunnats.

Another Wali of Allah once made a mistake by putting on his left sock first. To make up for this he gave away a huge amount of wheat in charity. Because to wear the right sock or shoe first is a sunnat of Nabi Muhammed (sallallahu alayhi wasallam).

Once Hazrat Khaja Mueenud-Deen Chishti (RA) made wudhu for Eshaa and forgot to do khilaal of the beard. (This means passing the wet hands through the beard and it is a sunnah practice of wudhu). When he went to

sleep he remembered that he forgot to make the khilaal. So he stood up, made wudhu again with khilaal, then repeated his whole Eshaa salaah.

See how strict these people were on following the Sunnah. Let me now mention some of the benefits of following the sunnah

- 1) The heart becomes filled with Nur or spiritual light
- 2) Imaan becomes stronger in the heart
- 3) You become the beloved of Allah, because says in the Holy Quran:

قُلْ إِنْ كُنْتُمْ تُحِبُّونَ اللَّهَ فَاتَّبِعُونِي  
يُحِبُّكُمُ اللَّهُ وَيَغْفِرْ لَكُمْ ذُنُوبَكُمْ

Tell them (O Muhammed) IF you claim to love Allah then follow me; the Allah will love you and forgive your sins.

- 4) From the above verse we also learn that following the Sunnah brings you forgiveness from Allah
- 5) By following the sunnah your life becomes filled with barakah and good luck.

It is said that a person who follows the Sunnah with sincerity will never lose his iemaan. He will surely die with iemaan. Such a person will never become murtadd.

Let me conclude with another story on following the Sunnah. When the Sahaaba (radhiyallahu anhum) went to Syria for Jihad then one day they were invited for a meal by the local people. After eating it is sunnah to lick the fingers. So this Sahaabi started licking his fingers after eating. The local people around him said that he should not do this because the Syrian people will laugh at him. What was the response of this Sahaabi? He said something amazing! HE said: **“Must I leave the Sunnah of My Beloved Rasool just for the sake of these fools!”**

May Allah guide us all to practice fully on the Sunnah of His Beloved Messenger Muhammed (sallallahu alayhi wasallam) -- aameen